



Illustration courtesy of Willow Arleana

Holy Fire Reiki and Shamanism

BY DAVID THOMAS

AS I SIT HERE healing from my recent surgery, looking out at nature, enjoying the birds and animals around me, admiring the beauty in the clouds passing by and thinking *what peace, what serenity*, I am reminded of how grateful I should be for the beautiful life that I have been given. My nature-inspired thoughts brought back memories of a time not too long ago when I was dealing with a bit of depression during the holiday seasons. I remember wishing that I could feel like the people around me and be filled with joy during the holiday seasons throughout the year. That joy seemed to be eluding me when I wanted it most.

I had thought about it many times before that and had not been able to come up with a reason for why I was so down during times that should have been filled with love, joy and family. In meditation, I had searched for something in my current life experience that would be causing me to feel unhappy, but I had found no reason.

I was brought up in a loving environment, so it didn't surprise me when I could not remember anything bad or uncomfortable that had happened during holiday times when I was younger that would have created bad memories. But then, during self-Reiki one morning in late September 2015, it came to me: I had not been considering anything besides this current life I'm living. Maybe my distress was associated with past-life karma!

I thought about my Reiki training and listening to one of my teachers, Colleen Benelli, explain how she combines her Shamanism practice with Holy Fire Reiki. She talked about doing soul retrieval work during her sessions. She had studied Shamanism for many years and spoke highly of her work with it and Holy Fire Reiki together.

I asked Reiki to guide me to whomever I needed to help me find my answers and the resulting feelings of peace around these times that I so wanted to have. Of course Reiki answered me.

In October 2015, my friend Michelle Burns, a shaman of Holistic Energy Medicine (EMS), and I (an Usui/Holy Fire II Reiki Master) worked together to find the root of my issue and heal me energetically so that I might find appreciation for the holidays.

Michelle lives in the country in a beautiful home overlooking a river valley. As I looked out the window, admiring the beautiful fall colors and watching the hummingbirds feeding before their long journey to Central America, I thought to myself that this was going to be a great day for my journey as well.

After meeting with Michelle and discussing my situation and what I had been experiencing, she described to me what she was planning to do. We then proceeded to her healing room, which was a very welcoming space full of great energy! She had me select stones from a decorative pouch called a Mesa. In it was a wide variety of stones from amethyst to agates from Lake Superior to stones from the mountains. After choosing the stones that best resonated with me, she had me get on the table to start my healing session. As I lay on the table waiting for her to begin, I remember thinking, "This is the beginning of a healing I've been searching for."

Michelle began by opening sacred space and bringing in my intention for the healing session; she then spritzed my luminous energy body with spirit water. She describes spritzing as "a car wash of the aura surrounding the person." Michelle also did rhythmic rattling to decompress any areas of my luminous energy field into the physical body so that she could get into the field and "see/sense" what was happening.

After working on me for about ten minutes, she became aware of an intrusive energy, different from the rest of my energy field, hidden deep within. She was testing for "foreign" energy, and after testing, Michelle explained to me that she needed to do what is known as an "extraction." There was a spirit attachment that was present from a past life that had somehow hidden itself from my conscious awareness.

As Michelle was working with me, I began using the training I had acquired on spirit attachment and release. I started by setting my ego aside and then called on Holy Fire and its third heaven healing to work with the earth energies and elements of my shamanic healing to release any unwelcome attachments that I was not aware of.

Michelle said that she was feeling a lot of resistance from the spirit not wanting to leave. The place in my body that it had

found was of comfort to it and because of this, the spirit had no intention of leaving. She explained that there may have been a past-life agreement or contract with this spirit that I had been part of and that contract was what needed to be released. Michelle said that sometimes this kind of deep extraction was referred to as an underworld extraction. I knew at that point that I needed to surrender and that we would be working together to release this unwanted spirit and let the free will of Holy Fire come in to help heal and accomplish this release.

Altogether, Michelle did three different extractions for me that day, going in deep and doing what she referred to as a tuning up of my energetic field. During the actual extractions, it felt as though my body sat up and thrashed back and forth, working to release this unwelcome energy. This feeling was a very foreign experience and was very uncomfortable because in this lifetime, I felt that I had been doing a good job of protecting myself from unwanted spirit attachments as well as negative energy from others and that there wasn't anything that could enter my aura. Even when working with clients that needed their own spirit release, I felt protected. However, I had never for a moment considered past-life intrusions into me.

I was asking Holy Fire and God to be with me throughout this healing, protecting me so that I could be freed of this intrusive spirit. I asked that the spirit entity be taken to the third heaven to be healed so that it might become positive energy and be of service to others in the future. I then felt the release of the spirit begin and knew that it was being released to the third heaven. I got the feeling from the spirit as it released that it somehow knew it was going to a beautiful place to be healed.

As Michelle was finishing up the healing session, working thoroughly to cleanse and restore and reweave the integrity of that area of the luminous energy body, I was working with Holy Fire, asking it to heal the spot that had allowed such a spirit to enter and attach itself in such a way that no other could take its place. To me, healing the area where the spirit had attached was and is just as important to the healing experience as the release itself. Neglecting to heal the area of attachment could lead to further unwanted dis-ease by attachments from other unhealthy spirits.

As I lay there after this intense, simultaneous shamanic and Holy Fire Reiki session, I felt somehow lighter and stronger, with the feeling of being full of love and appreciation for this healing experience. I also gained a new respect and awareness of past-life experiences.

I am now happy to say that I look forward to all the holidays throughout the year! I am so grateful for Holy Fire Reiki in many ways: how it heals so deeply and completely and how it works in conjunction with other energies to create beautiful healing experiences. For me, this was a true test of what Holy Fire Reiki in conjunction with other modalities can do to help in situations that you may be thrown into. You can come out healed and rejuvenated.

I am blessed and grateful to have Reiki in my life and for all those friends, family members, students, teachers, fellow practitioners and all living things who have been and continue to be in my life. 🌸

Showing gratitude is one of the simplest, yet most powerful things humans can do for each other.

—RANDY PAUSCH



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